

## ABSTRACT OF THE DISCLOSURE

An abdominal exercise apparatus has a seat operably disposed on a base. The base has an inflatable back wedge section and optionally an independently inflatable front wedge section. The seat has raised sides that form a shallow cavity that is adapted to support the body of a user therein. The seat resiliently flexes forward and backward along its length. At least one inflatable cushion, preferably profiled to accept the body contour of the user, provides a floor below the shallow cavity. Preferably, the floor is realized by three independently inflatable cushions including one that supports the upper legs, another that supports the lumbar section, and a third that supports the upper torso, neck and head. Hand grips are affixed to opposite sides of a top portion of the seat and to opposite sides of a bottom portion of the seat. The inflation level of the back wedge section and the front wedge section is adjustable; A wide variety of effective abdominal and other exercises can be performed with the apparatus.